

SYC Lil' Boots
Session 2

Movement & Balance

15 Minute – Super Heroes



Instruction:

Setup a 20x20 area. Each player with a soccer ball on one side of the grid. Ask the kids what their favorite super hero is. When the coach signals "GO," all the players start to dribble around the grid. When the coach yells "Statue," players will trap the ball and freeze like a statue. When the coach yells "Chicken," players trap the ball, sit on it, and flap their arms like a chicken. When the coach yells "Super Heroes!" players trap the ball, lay on the ball, stomach on the soccer ball, arms out, shouting their favorite super heroes name. Repeat, the kids will love it!

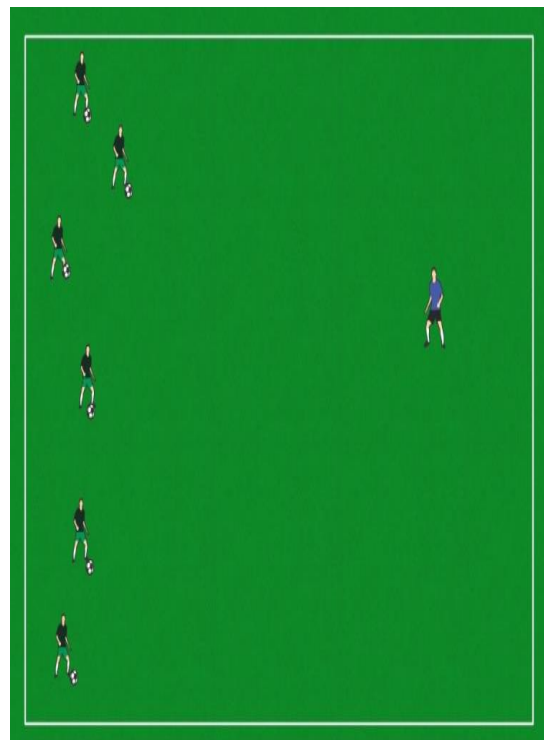
Progression:

-Make the game into a game of tag. Every time coach yells "GO," players try to tag the coach with their hand.

Coaching Points:

- Use soft small touches as you move into space. Make as many touches as possible during the activity
- Communicate the importance of keeping the ball close, they may not yet be able to do it but remind them of the importance.
- Reinforce "NO Hands" if a player tries to use their hands instead of dribbling.
- Be enthusiastic!

15 Minutes – What Time is it Puppy Dog?



Instruction:

Setup a 20x20 area, every starts on one of the end lines with a ball. Tell the kids that the coach is the "Puppy Dog" and wants to chew on your soccer ball. Have all the players say the magic phrase "What Time is it Puppy Dog?" The coach can say any number from 1-12. The number that the coach yells is the number of dribbles the kids take towards the coach. Repeat until the kids get close to the coach. When close, the coach can yell "Dinner Time," in which the kids turn their balls and dribble back to the line before getting tagged by the coach. If the coach tags a kid, they become a puppy dog too, and try to tag the others in the next round.

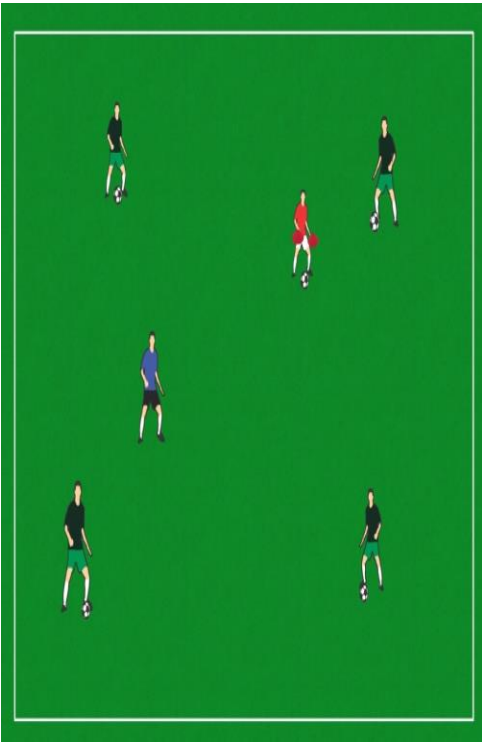
Play till there is only 1 player left!

Coaching Points:

- Small touches to keep the ball under control.
- Encourage to dribble fast back to the end line to be "safe"
- Encourage them to turn quickly to avoid getting tagged
- Have fun with them!

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15 Minutes – Fire & Ice

**Instruction:**

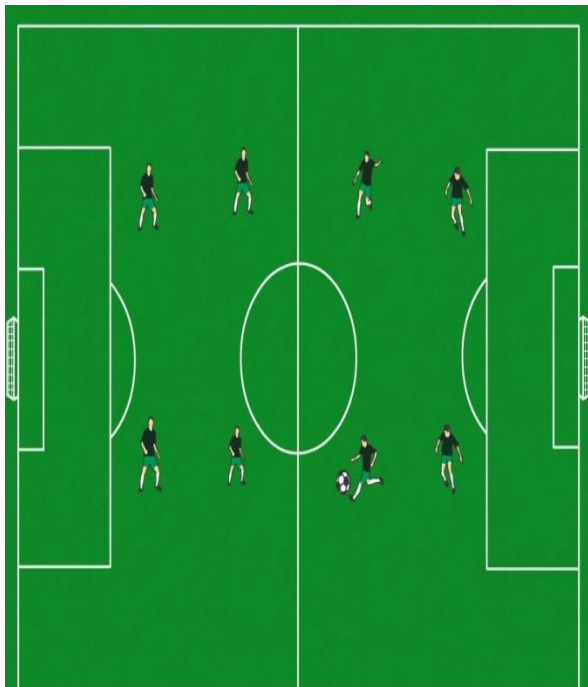
Setup a 20x20 area, coach designates one player to be the “fire dragon” (holds two red cones in their hand) who has a ball in the area. Coach also designates one player to be the “ice dragon” (wears a blue jersey). Players are to dribble around the grid and avoid the ice dragon. The ice dragon is to go around and try to step on the other player’s soccer balls to freeze them. If frozen, players must stand with one foot on their soccer ball, until the fire dragon comes and unfreezes them with their cones. Play until everyone is frozen, or a couple of minutes each round. Let everyone have a chance at one of the dragons.

Fire Dragons cannot be frozen

Coaching Points:

- Players should focus on their balance when they put their foot on the ball when frozen.
- Players should keep the ball close to them while dribbling to items.
- Focus on using their body to keep the dragon from stepping on their ball.
- No hands when dribbling the ball!

15 Minutes – Game Time

**Instruction:**

Split the players up into two teams. (If more than 4 on a team, make 3 teams) Tell the players to come up with a creative team name.

Show each team which direction they are going and which goal they are shooting in. (Place a different color penny on the pug goal if it is easier)

Coaching Points:

- Focus on close dribbling.
- Help children recognize which direction they are going and encourage them to shoot when they are near the goal.

Encourage the players to try to win the ball back once they lose it.